

Addison! Accolade



September 🍁 October 🍁 November 2007

www.addisonathleticclub.com

Registration

You may register for all classes beginning Monday August 27, 2007. Fall session will run from Saturday September 1, 2007 through Friday November 30, 2007. For more information visit our website at:

WWW.ADDISONATHLETICCLUB.COM

Payments: Cash, credit cards, and checks are accepted during walk-in registration.

Waiting List: Residents interested in registering for a class that is full will be put on a waiting list. The waiting list does not guarantee a spot. Residents will be contacted as soon as a spot becomes available.

Class Cancellation: If a class is cancelled, staff will make every effort to contact residents registered for the class before the first day of class.

Addison!
Athletic
Club Staff



Director of Parks and Recreation - Slade Strickland
Manager - Randy Rogers Supervisor - Pat White
Coordinators - Deena Hermes Justin Pollard Amanda Minyard
Department Secretary - Betsy Sterns
Recreation Associates - Tom Brandt Cindy Baber Rebecca
Coronado Theresa Downs Megan Everly Julian Guevara
Amy Lockhart Custodians - Darrell Carmon Isaac De La
Garza Day Porter - Raymond Wiley

In this issue:

Registration.....	Page 1
Fitness.....	Page 2
Pacesetters.....	Pages 3-4
Aerobics.....	Page 5
Personal Trainers.....	Page 6
Kidscene.....	Pages 7-8
Adult Programs.....	Page 9
Halloween Bash.....	Page 10
Addison Special Events.....	back page

So you will know...

September 3, 2007 - Labor Day -
The outdoor pool will be open
12:00-8:00 p.m., but the Athletic
Club will be closed.

November 22 & 23, 2007
Thanksgiving Holiday
The Athletic Club will be closed.

Addison Athletic Club
3900 Beltway Drive
972-450-7048

Monday - Thursday 6:00 a.m. - 10:00 p.m.
Friday 6:00 a.m. - 8:00 p.m.
Saturday 8:00 a.m. - 8:00 p.m.
Sunday 1:00 p.m. - 6:00 p.m.

The Accolade is published quarterly by the Town of Addison Recreation Department. Any questions, letters to the editor or other comments regarding this publication should be made to:

Recreation Manager's Office
Addison Athletic Club
P.O. Box 9010
Addison, Texas 75001-9010

Addison Recreation Department Mission Statement:
To offer and maintain for the Town's residents a wide array of recreation,
health, fitness, and athletic programs at the Athletic Club.

Fitness Programs

FREE ORIENTATION

Are you helping...or hurting yourself while working out? Let our fitness staff show you the proper way to use the new cardio and strength training machines. Please call 972-450-7048 and ask for Justin Pollard.

BODY FAT TEST

Weight alone is not a clear indicator of good health, because it does not distinguish between pounds that come from body fat and those that come from lean body mass or muscle. Carrying too much fat is a condition called obesity, and puts a person at risk for many serious medical conditions including heart disease, diabetes and even certain forms of cancer. In fact, obesity contributes to at least half the chronic diseases in western society. To learn more about your body fat percentage have our staff check it using our skin fold calipers, or our body fat analyzer. Call Justin at 972-450-7048 to set up an appointment.

DATE: Ongoing

FEE: FREE
every Thursday by appointment only
\$5 for the rest of the week

BOXING 101

Do you want to take your training to the next level? Do you want to train like a boxer? Sign up for the one on one boxing training class. Learn punching techniques and go through the similar training that boxers go through. Call Justin to set up an appointment. Register soon! Available times are limited.

DATE: On Going

TIME: Call Justin to schedule times 972-450-7048

FEE: \$10 a class
\$45 for 5 classes
\$80 for 10 classes

KARATE

The timeless sport of Karate is designed very specifically with 4 goals in mind. Build self-esteem, self discipline, self-defense and fitness. Nikki S. Ikeda is a 5th degree black belt with 32 years of experience. She is a 30 time national champion and a 3 time world champion. She also coached the USA Karate team. To be the best, learn from

the best!

DATE: Tuesday and Thursday

TIME: 7:00 - 8:00 p.m.

FEE: \$100.00/month, registration fee \$65.00
(Uniform/belt/patch) Pay the instructor

CORE CHALLENGE/COMPETITION

Join fellow athletes in a core challenge that will build your stamina and strength. The instruction consists of shoulder flexion, mid push up, wall sitting, and leg raises. Each of these is a 30 second stress test to see if you have what it takes to hold your body weight, or more! Come, step up to the challenge.

DATE: Begin tracking workout November 1

FEE: \$5

AC: 3935.401

FREQUENT USER AWARDS

Families, members or seniors who register for 15 classes/events or more qualify for the Platinum Club and are eligible for gifts and prizes through a point system. Every class/event is a point, and after 15 points you are eligible for a prize at the end of each quarter. Register your name today.

Example 15 classes/events = 15pts

20 classes/events = 20pts

DATE: September- November

Fee: \$5

AC: 3938.401

ABDOMINAL CHALLENGE

Join our monthly challenge for September, October, and November. Commit to better fitness and a better midsection by completing 100 abdominal exercises per day, while competing against fellow members.

DATE: September 1

October 1

November 1

FEE: \$5/ month

AC: September 3936.401

October 3936.402

November 3936.403

Registration for all classes begins Monday, August 27, 2007. Fall session will run from Saturday, September 1, 2007 through Friday, November 30, 2007.

Senior Adult Pacesetters

AARP-DRIVERS SAFETY COURSE

The nation's first and largest classroom refresher course geared especially to your safety needs. The eight hour course will be held here at the Addison Athletic club. You will learn defensive driving techniques, how to adjust your driving to age-related changes, how to get your auto insurance discounted and you don't have to take a test. Sign-up now! Register at the front desk. The class will take two Saturdays to complete.

DATE: Saturday, September 8 & 15

TIME: 9:00 a.m. - 1:00 p.m.

FEE: \$10 pay instructor

AC: 1590.401

FIRST MONDAY-DAY TRIP

Those of us who know about Canton love to share this "not-so-secret" shopping Mecca with just about anyone who will listen. First Monday is visible in just about every travel show in Texas, and hundreds of thousands of brochures are distributed world wide. This event has earned the title: WORLD FAMOUS FIRST MONDAY TRADE DAYS and YES, there has been a First Monday Trade Days for nearly 150 years. There are reasons that this event continues to provide the "experience" to millions of visitors each and every year. Come spend the day in Canton with us! Lunch will be on your own. Transportation will be provided.

DATE: Thursday, September 27

TIME: Leave 8:00 a.m.

FEE: \$10

AC: 1505.401

ADDISON FIRE STATION TOUR 101

Come learn about your fire station and what the Fire Department is all about. Come meet the firemen and take a tour of station #2. Our firemen work really hard and train hard to keep our city safe. Come show your support.

Meet at fire station #2 next to the Addison Athletic Club.

Register at the front desk.

DATE: Saturday, September 29

TIME: 10:00 - 11:00 a.m.

FEE: Free!

AC: 1501.401

STATE FAIR OF TEXAS

Big Tex is calling your name.....and so is that Fletcher's Comy Dog!!! Here we go to take care of that irresistible

urge to smell and hear and see all there is at the State Fair. Join us for a fun filled day.

DATE: Thursday, October 11

TIME: 10:30 a.m. - 4:00 p.m.

FEE: \$14/ Senior 60 and over free!

AC: 1538.401

DISNEY PRESENTS "THE LION KING"

Disney presents The Lion King at the Music Hall at Fair Park. A spectacular visual feast, this adaptation of Disney's much-loved film transports you to a dazzling world that explodes with glorious colors, stunning effects and enchanting music. At its heart is the powerful and moving story of Simba, and his epic journey from wide-eyed cub to his destined role as King of the Pridelands.

The seats are located in the B-orchestra area. We will enjoy dinner together before the show.

DATE: Tuesday, October 16

TIME: 5:00 p.m.

FEE: \$80 + dinner on your own

AC: 1544.401

ELECTION PANCAKE BREAKFAST

We would like to get everyone out and voting so come have breakfast on us. You can stop by for a quick bite at the Addison Athletic Club and off to vote right next door at Fire station #2. Please sign up at the front desk so we have a head count.

DATE: Tuesday, November 6

TIME: Breakfast served from 7:00 -8:30 a.m.

AC: 1509.401

NACODOCHES-THE OLDEST TOWN IN TEXAS

Six flags may have flown over Texas, but nine have flown over Nacogdoches! Visit the oldest town in Texas and uncover the stories behind the flags – battles won, lives lost, hearts broken, and independence gained. Be our guest and discover why Nacogdoches is "as unique as it sounds!" Lunch and Dinner will be included in the tour.

DATE: Friday, November 9

TIME: 7:30 a.m. (all day)

FEE: \$35

AC: 1510.401

ANNUAL THANKSGIVING DINNER

Celebrate the Holiday season with your friends from the Addison Athletic Club. We will hold our annual

Registration for all classes begins Monday, August 27, 2007. Fall session will run from Saturday, September 1, 2007 through Friday, November 30, 2007.

Thanksgiving Dinner prepared by YOU! Please register to bring a side dish or dessert and we will provide the meat, rolls and drinks. We will meet at the Addison Conference Centre and enjoy live music.

DATE: Thursday, November 15

TIME: Dinner served at 6:30 p.m.

AC: 1509.401

TEXERCISE CHALLENGE

Texercise is a statewide fitness campaign to educate and involve Texans and their families in physical activities and proper nutrition. Texercise is a 12-Week Fitness Program, provides participants with a beginning and end time for their training, making it easier for them to implement and stay committed. Along the way, participants are provided with motivation, small prizes and an end goal or event to celebrate their achievements all for FREE. We meet once a week for motivation and support. We will have great speakers to help motivate us. Sign up now!

DATE: Wednesdays, September 5 -November 21

TIME: 10:30-11:30 a.m.

FEE: Free

AC: 1560.401

LUNCH BUNCH

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather and catch up, along with a good meal!! So, let's gather! Please register in advance to help with reservations. We will meet at 11:30 a.m. each month at a different location.

Greenz Salad-15615 Quorum Drive

DATE: September 19

AC: 1585.401

Celebrity Café and Bakery-5100 Beltline #802

DATE: October 24

AC: 1585.402

Vivant-14833 Midway Road

DATE: November 14

AC: 1585.401

TAI CHI

Doctors are recommending Tai Chi as a great form of exercise and relaxation. Studies have shown that the slow, gentle, and continuous movements of Tai Chi help develop muscles, improve balance, reduce stress, increase concentration, and promote an overall feeling of well being. The instructor is Chris Bouguyon, a 28-year martial arts veteran & the senior Tai Chi instructor for Arthritis Foundation of Texas. Come treat yourself to a healthy spirit, body & mind.

DATE: Thursday, Sept. 6-Nov. 18

TIME: 11:30 a.m. -12:30 p.m.

FEE: \$8 per class / \$70 punch card with 10 classes
Please pay the instructor.

DUNN BROS. COFFEE CLUB

Once a month come to Dunn Bros. Coffee House (3725 Beltline Road) and learn new things about your city and, see what's going on in the world. We will have a special guest each month. You don't have to drink coffee to join the group. Stay as long or short as you want. Can't wait to see you there!

DATE: Wednesday, Sept. 5, Oct. 3, Nov. 7

TIME: 10:30 a.m.

FEE: Only if you purchase a drink

BIRTHDAY BASH OF THE MONTH

Everyone loves birthday parties! Come celebrate all the fall birthdays in the multi-purpose room. Cake will be served and if anyone wants to bring extra goodies that would be great! If your birthday is in September, October or November come and celebrate! Everyone is invited. It's going to be a party!

DATE: Friday, Sept. 14, Oct. 19, Nov. 16

TIME: 10:30 a.m.

FEE: Free

STITCHING FROM THE HEART

Come join our stitching group, and help knit or crochet blankets for Medical City Children's Hospital. Every blanket will go to a sick child. We meet in the multi-purpose room every Tuesday. Donations are encouraged!

DATE: Tuesdays, September-November

TIME: 11:00 a.m.

FEE: Free

AC: 1512.401

MEXICAN TRAIN HOUR-DOMINOES

Mexican Train is a domino game where the basic object is to get rid of all of your dominoes before your opponents can do the same. Although it is a multiplayer game, there are no teams – each person acts independently. The game is typically played with Double-12 dominoes. Come join us once a month and play. Snacks are encouraged! We will play with one set of rules. If you don't know how to play, come and learn, it could be fun! Please sign up at the front desk so we can get a head count and pick up the rule sheet.

DATE: Thursdays, Sept. 7-Nov. 15

TIME: 1:00 p.m.

FEE: Free

AC: 1556.401

Registration for all classes begins Monday, August 27, 2007. Fall session will run from Saturday, September 1, 2007 through Friday, November 30, 2007.

Fall Aerobics

Aerobics Payment Options

Option 1
\$75.00 per
3 month session

If you are planning on taking 3 or more classes per week, this is the best deal. Attending class 3 times a week during the three-month session will reduce your cost to just over \$2.00 per class. Residents 50 years of age and over pay half price.

Option 2
\$40.00 for an aerobics
card with 15 punches

If you can't make it to class on a consistent basis, a punch pass may be the way to go. For \$40.00 you get 15 classes. The punch pass is good for 6 months from date of purchase. Residents 50 years of age and over pay half price.

Option 3
\$4.00 Drop-in fee

Not sure you want to take a full session of aerobics? Take one class for \$4.00 to see if you like it. Residents 50 years of age and over pay half price.

Water Aerobics Descriptions

WATER TRIM

This self-paced water aerobic exercise program is designed for all fitness levels. Class components include warm-up, pre-stretch, 30 minutes of cardiovascular aerobics, upper body and abdominal strengthening and post-stretch. Proper posture, body alignment and exercise technique will be emphasized.

SATURDAY H₂O

Take one of your weekly aerobic exercise routines in the water! This class combines cardiovascular conditioning and muscle strengthening in the water. Aqua dumbbells, noodles and kickboards are used to enhance the strength component of the class, while the water lowers the impact.

Land Aerobics Descriptions

BALL CLASS

Improve your cardiovascular fitness level. These exercises emphasize keeping the heart rate elevated throughout the workout. Working with a fitness ball trains you to balance yourself while you're in motion.

STRENGTH AND CARDIO TRAINING

The class gives participants a variety of exercises. Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes will take place in the aerobics studio and around the track. This is a great class if you are looking for a little variety in your workout routine.

EXTRA! EXTRA!

Join in for a Saturday morning full of muscle toning and heart racing interval training. This is the class you have been looking for to even out your workout schedule.

NO EXCUSES

The instructor will offer you high-energy exercise with high repetition movements. This class is designed for those who enjoy simple choreography at an intense level.

RISE AND SHINE YOGA STRETCH

This class is a great way to wake your body up. Basic yoga stretch moves will get your day started right. This class is great for your mind and body.

TOTAL BODY CIRCUIT

This class will give you a total body workout with muscle toning and cardiovascular conditioning. It offers various techniques to improve your physical endurance.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Trim	9:15-10:15 a.m.		9:15-10:15 a.m.		9:15-10:15 a.m.	
Saturday H ₂ O						9:00-10:00 a.m.
Rise & Shine Yoga Stretch	8:15-9:15 a.m.		8:15-9:15 a.m.		8:15-9:15 a.m.	
Total Body Circuit	9:30-10:45 a.m.		9:30-10:45 a.m.			
Ball Class				8:30-9:30 a.m.		
Extra Extra!						9:30-11:00 a.m.
No Excuses	6:00-7:00 p.m.		6:00-7:00 p.m.			
Strength and Cardio Training	7:00-8:00 p.m.		7:00-8:00 p.m.			

Registration for all classes begins Monday, August 27, 2007. Fall session will run from Saturday, September 1, 2007 through Friday, November 30, 2007.

Addison Athletic Club Information

RACQUETBALL COURT RESERVATIONS:

Racquetball court reservations are available up to 3 days in advance by calling 972-450-7048. Please call before noon for same-day reservations. Reservations are for one hour beginning on the hour and 2 names are required to reserve a court. No back-to-back reservations will be taken. Courts are available on a first come, first served basis when there are no reservations.

TENNIS COURT RESERVATIONS:

Tennis court reservations are available up to 3 days in advance by calling 972-450-7048. Please call before noon for same-day reservations. Reservations are for one hour and a half and 2 names are required to reserve the court. No back-to-back reservations will be taken. The court is available on a first come, first served basis when there is no reservation and on weekends. Check-in at the front desk is required.

GYM ACTIVITIES:

Come inside for some friendly basketball or volleyball competition. Pick up games are always in motion. Everyone is welcome.

Gym schedule is as follows:

Full Court Basketball: Monday - Wednesday 6:00 - 8:00 p.m.

Open Gym: Thursday & Sunday (Volleyball net set up upon request.)

Yoga

If you are interested in enhancing your flexibility through stretching, breathing and relaxation exercises, this class is perfect for you. Please bring a mat.

DATE: Tuesdays and Thursdays

TIME: 9:30 - 10:30 a.m.

FEE: \$7 per class

Instructor: Zan Pirtle

These classes are a separate fee and not included with any of the aerobic passes. Please pay instructors before class.

Kabana Kim Yoga

This class will improve your flexibility, strength, muscle tone and balance through a series of postures, stretching and breathing techniques. Reduce everyday stress and tension. Relax your mind while energizing your body. All fitness levels welcome. Bring a towel or mat.

DATE: Tuesdays and Thursdays

TIME: 5:45-6:45 p.m.

Fee: \$7 per class

Instructor: Valerie Kim

Personal Trainers

Personal trainers are available to help you create a practical fitness schedule that's tailored for you. All personal trainers are contracted and have professional certifications through nationally recognized organizations. For more information, contact the individual trainer, or call 972-450-7048.

Adam Alexander



Adam is available for appointments 7 days a week. Your first visit is a free 30 minute session to

assess your fitness level and discuss your goals. Whether your goals include getting in shape, losing weight, increasing strength, improving flexibility or combating the effects of bone density loss, Adam can design a program to help meet your goals while avoiding injury. To set up an appointment call Adam at 972-741-2123. His fee is \$55 per session. Adam is certified through Cooper's Institute for Aerobics Research.

Autumn Allan



Autumn is available for sessions Monday - Friday 8:00 a.m. to 8:00 p.m. and Saturdays 9:00 a.m. to 1:00 p.m. Programs are designed specific

to your physical fitness and nutrition goals. Periodic blood pressure, weight, and body composition checks are taken. Autumn focuses on motivation and discipline with proper prescription. Contact Autumn at 214-794-3444 or benchmarkfitness@sbcglobal.net for an appointment. Autumn's fees are \$60 per session, 10 for \$500, or 20 for \$900. MC and Visa accepted with a small convenience fee. No additional fees for Power Tower™ training if you are a client. Autumn is a certified Health and Fitness Instructor with the American College of Sports Medicine.

Glenn Jones



Glenn trains with a special emphasis on helping people to understand how to walk into a gym and not be intimidated. Glenn believes keeping fitness simple. He teaches the basic

principals of weight training, aerobics and nutrition. He can show you how to stay healthy and in shape, and still have a real life outside of the gym. He invites everyone to at least try personal training and would like to offer a Money Back Guarantee. You will have nothing to lose, and a whole lot to gain. Just taking that small step will put you on the path to better health. Sessions can include training in the gym, your kitchen, grocery shopping, eating healthy while in a restaurant, or fitness by phone. Call for individual rates, couples or special discounted fees. He is available for appointments during the week and on weekends. Glenn is certified through Cooper's Institute for Aerobics Research. To set up an appointment, call 214-325-2495 or email glenn@thefitnessgame.com

Pat Hahn



Pat's goal is to promote heart healthy exercise and functional capacity (as measured by METS or VO2)

Pat has a Masters of Science in Kinesiology, a

national certification in invasive cardiology and the Coopers Clinics. She is a specialist in physical fitness. Want more information regarding heart disease, dyslipidemia, hypertension, diabetes, arthritis, obesity, or metabolic syndrome, please call 972-247-1824. Since Pat is currently enrolled in Nursing School, She trains on Sundays primarily by appointment. Individual session cost \$50 per person and includes a medical history, heart rate and blood pressure monitoring.

Keep in mind that small group classes are more affordable and often are more fun. Group classes are \$20 per person and are limited to 4-6 individuals. Remember to call to reserve your space. (Ex. Sundays from 1:00pm - 2:15pm).

Registration for all classes begins Monday, August 27, 2007. Fall session will run from Saturday, September 1, 2007 through Friday, November 30, 2007.

Kidscene

THE ADDISON DOLPHINS SWIM CLUB

The Addison Swim Club is a great new club for kids that offers fitness and fun at the same time! The swim club will be offered year round for ages 6 and up. This is a great club to keep your kids interested in swimming and working on their swim skills. The 1st and 3rd Saturdays of the month will be a Stroke Clinic, and the 2nd and 4th Saturdays of the month will be a Family Lap Swim Class. The swim coach staff will concentrate on basic strokes, start times, turn techniques, good sportsmanship, the promotion of individual improvement, and having a good time with friends. Each swimmer must be able to swim one complete length of the pool in order to register. Please register at front desk.

DATE: Saturdays, September 8-December 1

TIME: 11:00 a.m. - 12:00 p.m.

AGES: 6 years and up

FEE: \$40 monthly

AC: 5414.401

*Register at front desk. Payment due to instructor on first day of class

PRESCHOOL FRIENDS

Join the fun and make new friends! Learn the ABC's, 123's, music, games, and art together. The goal of this program is to give the children a fun environment so they can experience and learn new things with their own age group. Each class will have a new and exciting theme to keep the children interested. Come experience the fun! Mom's can also benefit from this program; you can drop off and have a little time to yourself.

DATE: Wednesdays, September 12-October 31

TIME: 2:30-4:00 p.m.

AGES: 3-5 years

FEE: \$40 (8 week session)

AC: 5313.401

KID'S NIGHT OUT

Come let the little ones enjoy a special night filled with fun and laughter while you have an evening out! We have a whole night filled with arts and crafts, games, movies, and a special snack. Limited space available. Sign up at the front desk to reserve a spot.

DATE: Friday, September 21 AC: 5301.401

Friday, October 26 AC: 5301.402

Friday, November 16 AC: 5301.403

TIME: 6:30-9:00 p.m.

AGES: 3-6 years

FEE: \$5 per child

*Payment for Kids Night Out is due at registration

FRIDAY NITE MADNESS

Calling all PRE-Teens & Teens! Need something to do on Friday nights during the fall? Well, this is the place to come! Friday Night comes alive at the Addison Athletic Club. This is a "kid's night out" as well as a parent's night out! We will start the night off by swimming in the indoor pool, then order pizza, watch movies, play sports and compete against the X-Box. How can you go wrong?

DATE: Friday, September 14 AC: 5402.401

Friday, October 12 AC: 5402.402

Friday, November 9 AC: 5402.403

TIME: 6:30-9:00 p.m.

AGE: 6-12 years

FEE: \$5 per child

*Payment for Friday Night Madness due at registration.

PUMPKIN PICKING

Bring the whole family to an outing at the Flower Mound Pumpkin Patch. This is a chance for kids and parents to pick out the perfect pumpkin, get their faces painted, enjoy hay rides, and go through mazes built from hay bales. This is also a great opportunity to get some wonderful pictures of the kids! We will leave from the Athletic Club at 11:00 a.m. Sack lunches can be brought from home or lunch can be purchased at the pumpkin patch. Don't miss out on the FUN!! Please register at the front desk by Friday, October 12.

DATE: Saturday, October 20

TIME: 11:00 a.m. - 2:00 p.m.

AGE: All Ages

FEE: Free

AC: 7008.401

***There is a charge for pumpkins.**

Registration for all classes begins Monday, August 27, 2007. Fall session will run from Saturday, September 1, 2007 through Friday, November 30, 2007.

LIL' DANCERS I-BEGINNER LEVEL

This is a beginner class for the little ones to explore their dancing abilities. Get ready to dance and have fun at the same time. This class will be a combo class, combining both tap and ballet. Please wear proper dance attire-leotard, tights, tap and ballet shoes. All attire can be purchased at Target or Payless shoe store. The last class will be a "Parent Visitation Day".

DATE: Fridays, September 7-November 30

TIME: 5:15-6:00 p.m.

AGE: 2 ½ -4 years

FEE: \$35 monthly

AC: 5327.401

Note: Dance tuition is due the 1st day of class and is paid directly to the instructor. You may pay by check or cash only.

LIL' DANCERS II BEGINNER/INTERMEDIATE LEVEL

Previous dance experience is preferred before taking this class but not required. This is a combination class that consists of tap, ballet and jazz.

Dancers will enjoy learning the basics of different forms of dance while having fun at the same time.

There will be a Parent Visitation day the last day of class.

DATE: Friday, September 7-November 30

AGE: 5-7 years

TIME: 6:00-6:45 p.m.

FEE: \$35 monthly

AC: 5328.401

Note: Dance Tuition is due the 1st day of class and is paid directly to the instructor. You may pay by check or cash only.

FALL TAP DANCE WORKSHOP

Have FUN this FALL and learn about the art of tap dancing. Come and let your child have fun learning the basics of tap dancing in Ms. Krista's Fall Tap Dance Workshop. Children will learn the basics of tap dancing and learn a tap dance while having fun and meeting new friends...Don't miss out!!

DATE: Saturday, October 20

AGE: 5-7 years

TIME: 11:00 a.m. -1:00 p.m.

FEE: \$30

*Please pay instructor on day of class. You may pay by check or cash only.

TINY TUMBLERS CLASS

Come and experience the excitement of tumbling! This will be a fun, age appropriate class that will focus on how to perform basic gymnastics skills such as forward rolls, backward rolls, cartwheels, and work on basic strength and flexibility which will improve coordination. Come and join the fun!!

DATE: Thursdays, November 1-29

TIME: 4:00-4:45 p.m.

AGE: 3-5 years

FEE: \$40/ 4 weeks

AC: 5331.401

KARATE AND SELF-DEFENSE COURSE

The timeless sport of Karate is designed very specifically with 4 goals in mind. Build self-esteem, self discipline, self-defense and fitness. Nikki S. Ikeda is a 5th degree black belt with 32 years of experience. She is a 30 time national champion and a 3 time world champion. She also coached the USA Karate team. To be the best, learn from the best!

DATE: Mondays and Wednesdays,
September 3-November 28

Youth (5 years and up)

TIME: 4:00-4:45 p.m.

FEE: \$100 for one child monthly

\$160 for two children monthly

\$225 for three children monthly

AC: 5418.401

Mommy and Me (3-4 years)

TIME: 4:45-5:30 p.m.

FEE: \$120 monthly

AC: 5311.401

(\$45 fee for uniforms, belts & insurance)

*Please pay instructor on the 1st day of class.

HALLOWEEN BASH

Put on your cool costumes and grab your goody sack, it's time for our Annual Halloween Bash! If you can volunteer for the party or are willing to bake goods for the cakewalk, please sign up at the front desk or call 972-450-7048.

DATE: Tuesday, October 30

TIME: 6:00-8:00 p.m.

FEE: Free

More information about the Halloween Bash on page 10.

Registration for all classes begins Monday, August 27, 2007. Fall session will run from Saturday, September 1, 2007 through Friday, November 30, 2007.

Adult Programs

HOMEBUYERS

Free Home Buyer Seminar - Presented by Dallas County Community College Instructors and RE/MAX. You will learn the "Do's & Dont's when trying to buy a home. We cover contracts, agency, inspections, financial qualifications and down payment requirements, including zero down options, legal issues, how to make an offer and counter offers, homestead laws, community property laws and much more. Call or email Mal Smith or the AAC for class information and registration.

Registration is required at least one (1) week prior to each workshop by calling 972-450-7048 or email mal@malanddoug.com

DATE: Mondays
September 3 AC: 3101.401
October 1 AC: 3101.402
November 5 AC: 3101.403
TIME: 7:00 - 9:00 p.m.
FEE: Free

ADDISON WRITERS GROUP

The Writers meet each Sunday from 3:00 to 5:00 p.m. They write about what they know for a sense of accomplishment and enjoyment.

STRICTLY SWING

Learn the various tempos (single, double, triple time & lindy timing) from the 30's, 40's, and 50's. Dance to the big band music as well as the up-tempo, retro music of the 90's and new millennium. Come learn the 'ins and outs' of the most upbeat tempo of all ballroom dances: the basics as well as turns, sweetheart, pretzel, tuck turns, and free spins. Also, learn lindy timing and how to mix the tempos. No partner necessary.

DATE: September 8, 15, 22, 29
TIME: 12:00 - 1:00 p.m.
FEE: \$65 couples/ \$45 single
AC: 3807.401

SALSA!

Step into the hottest Latin dance around - Salsa. Popular throughout the Metroplex, Salsa is an energetic combination of couple and open free-style dancing that 'sizzles' on the dance floor. If you have ever seen the movie, "Dirty Dancing", or "Mambo Kings", you will see the energy of Salsa dancing at its best. Don't be left out the next time you hear high energy Latin music. Join the numbers of people who place this dance at the top of their collection!

DATE: October 6, 13, 20, 27
TIME: 12:00 - 1:00 p.m.
FEE: \$65 couples/ \$45 single
AC: 3804.401

STRICTLY BALLROOM

If you enjoy the favorites from the '30s and '40s, as well as the music of the new millennium, then re-live the wonderful times of the 'Big Band era'. Unlike the early years, ballroom is for everybody, and you will enjoy learning ballroom dances such as the Foxtrot, Tango, Rumba, Waltz, Cha Cha, & East Coast Swing. No partner necessary.

DATE: November 3, 10, 17, (skip 24), Dec. 1
TIME: 12:00 - 1:00 p.m.
FEE: \$65 couples/ \$45 single
AC: 3806.401

BOOK EXCHANGE

Do you always have your nose in a book? If so, make use of Addison Athletic Club's informal library. The library is located in the Club's second floor conference room and is open during usual Club operating hours unless there's a meeting going on in that room. Feel free to borrow as many as you like and return them to the basket by the shelves when you've read them. Donations welcomed, too! Just leave them in the basket to be stamped and shelved.

Registration for all classes begins Monday, August 27, 2007. Fall session will run from Saturday, September 1, 2007 through Friday, November 30, 2007.

HALLOWEEN BASH

Date: Tuesday, October 30th

Time: 6 p.m. to 8 p.m.

Place: Addison Athletic Club

Fee: Free!

Put on your cool costumes and grab your goody sack, it's time for our Annual Halloween Bash! Jump in the bounce house, play games, win prizes. There will be special entertainment, refreshments, and lots of candy and prizes. If you can volunteer for the party or are willing to bake goods for the cakewalk, please sign up at the front desk or call 972-450-7048.



BOOK REVIEW GROUP

Become a member of the Addison Book Review Club. They would love to have you join them. Meetings are held the first Monday of each month at 7:00 p.m. in the conference room. The books we will be reading are as follows:

09-10-07 The Year of Magical Thinking
by Joan Didion

10-01-07 Book of Your Choice
by Susan Wietig Albert

11-05-07 A Thousand Splendid Suns
by Khaled Hosseini



Registration for all classes begins Monday, August 27, 2007. Fall session will run from Saturday, September 1, 2007 through Friday, November 30, 2007.

Addison!

Special Events

MARY KAY 5K - September 8

ADDISON OKTOBERFEST - September 20-23

OKTOBERFEST 5K AND ONE MILE FUN RUN

FOR THE CHILDREN - September 22

ADDISON COMMUNITY GARAGE SALE -
October 6

SHAKESPEARE FESTIVAL OF DALLAS

presents MACBETH - October 17-21

WELLNESS EXPO - October 20-21

BOOKWORM BASH - November 2-4

THE 500, INC. WINEFEST - November 3



Membership has it's benefits:
Show your membership card at the following Addison restaurants and receive a 20% discount.

Addison Arbor Foundation

The Addison Arbor Foundation is committed to provide and coordinate technical and educational resources to the Town of Addison for the purpose of establishing and maintaining healthy, sustainable urban forests. For more information visit our website at www.addisonarbor.org

TOWN OF ADDISON

RECREATION DEPARTMENT
P.O. Box 9010
Addison, Texas 75001-9010

PRESRT STD
U.S. POSTAGE
PAID
PERMIT NO. 777
DALLAS, TX